

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia
30 November – 7 December 2019
Transcription from Audio Recordings

File 3a – Monday morning guided meditation

So it's always good to take a few deep breaths into the belly just to reaffirm your intention to sit here, whatever happens. And what happens while you're sitting is not as important as you think it is. It's not necessarily an indication of where you are in this whole process. And it is a process. It's not really a progression but it is a process – a process of letting go of your past.

So the more deeply you do into this the more present you become – the less you know – but the more grounded you become too. It's not a spacey state. It's a very grounded, down-to-earth state where you realise you don't know anything – you don't know what's going to happen. And in the end there's no desire to know anything. And you feel completely secure now – in this moment – because when you're fully here there's no time to feel fear. There's no preparation for anything.

So you've had enough time to get settled into being here so be prepared to work for the rest of the week. And love what you're doing. It doesn't mean you'll like it but deep down, you love being here – you love doing this. Otherwise you wouldn't be here. So stay as grounded and stable as you can, whatever you're doing – whether you're sitting, eating, walking – it's all part of your practice. It all becomes your practice – your whole life does.